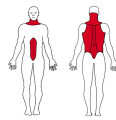
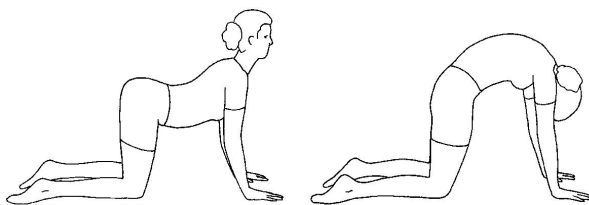


### 1. Lower Back Stretch

Sit with your bottom on your heels. Slowly walk your hands forwards, keeping your bottom on your heels. You should start to feel a stretch in your lower back. Hold for 20-30 seconds and breathe deeply, relaxing any areas that feel tight.

Repeat as needed

**Duration:**      , **Sets:**      , **Reps:**      , **Pause:**

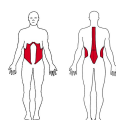
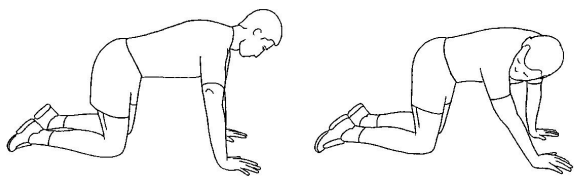


### 2. Cat/Cow Stretch

Start on your hands and knees. First, dip your back, looking up and sticking your tail bone into the air. Hold for a breath or two, then slowly round your back, tucking your chin and tail bone under. Hold for a few seconds.

Gently move between these two positions as you breathe. Hold for a stretch wherever it feels good.

**Sets:**      , **Reps:**



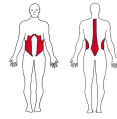
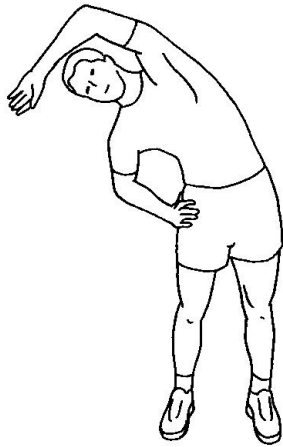
### 3. Side stretch on all fours

Start on your hands and knees. Look to the right as far as you can, as though looking at your tailbone. You should feel a stretch down your left side. Hold for a few breaths and repeat on the other side

**Sets:**      , **Reps:**



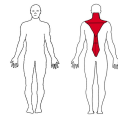
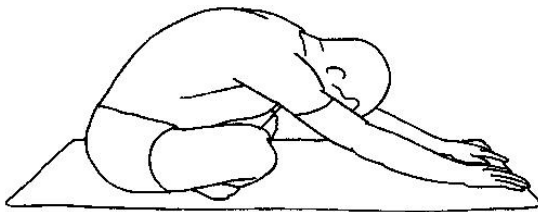
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#### 4. Side Stretch

Start with your feet hip width apart. Raise your left hand above your head and gently lower your body down to the right side. You should feel a stretch on the left side of your trunk. Hold for a few breaths. Repeat a few times on each side.

**Duration:** , **Sets:** , **Reps:** , **Pause:**

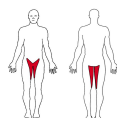


#### 5. Lower back stretch

Sit with your legs crossed. Gently walk your hands forwards until you feel a stretch in the lower back and buttocks. Hold for 20-30 seconds, breathing deeply. As you hold the stretch, see if you can gently sink down lower.

Repeat as needed

**Duration:** , **Sets:** , **Reps:** , **Pause:**



#### 6. Deep Squat

Squat down with your feet pointing out to the sides, heels flat on the floor if possible. Gently push your knees apart so that you can feel a stretch on the inner thigh.

Try and hold this position for at least 20-30 seconds, whilst breathing deeply and relaxing into the stretch

**Duration:** , **Sets:** , **Reps:** , **Pause:**

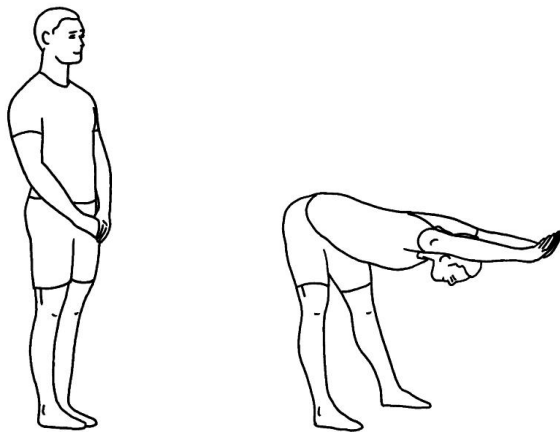




### 7. Hip Flexor Stretch

Kneel on a mat. Step your left leg forwards so the knee is approximately bent to 90 degrees. Tuck your tail bone under and push your hips gently forwards. You should feel a stretch at the front of your right hip. Hold for 20-30 seconds. Repeat on the other side.

**Duration:**     , **Sets:**     , **Reps:**     , **Pause:**



### 8. Lower Back Stretch

Stand with a work surface approximately arms length away, your feet just wider than hip width apart.

Resting your hands on the work surface, slowly hinge at the hips until you feel a stretch in the lower back. Hold for 20-30 seconds, breathing deeply.

Repeat as needed.

**Duration:**     , **Sets:**     , **Reps:**     , **Pause:**



 Show video